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Drake drops most Toronto album cover ever with Views From the 6 metroNEWS

City's vanishing bikes problem

ANALYSIS

Theft hot spots include Yonge, Bloor West, Bay, College and Queen

From everyday, well-used 10-speeds to decked-out, custom-built, prized possessions; no bike is safe in Toronto's urban jungle. According to police data, prospective bike burglars are targeting Toronto's downtown core, eager to cash in on the low risk, high reward crime.

An analysis of bike thefts reported to police in the past five years reveals the downtown core to be a den of bicycle thieves, with several hot spots along Yonge, Bloor West, Bay, College and Queen.

Taylor Cook, a manager at Sweet Pete's Bike Shop, said the results are no mystery to the cycling community.

"Those are the most common places people lock up bikes, so it makes sense those are the spots bikes are stolen most frequently," he said.

In fact, the 26-year-old no longer locks up his high-performance road bike when he hits the asphalt.

"It is either underneath me when I'm riding or at home."

More than 18,000 bikes were reported stolen across Toronto and GTA between Jan. 1, 2010, and June 30, 2015.

Unsurprisingly, more thefts were reported in summer than the rest of the year, according to records obtained through a freedom of information request.

Measured on an annual basis, the frequency of reported thefts appears constant, a fact BikingToronto.com's Joe Travers says is good news.

"The annual numbers are pretty consistent, which is actually a good thing if you consider that bike use in Toronto is actually increasing pretty dramatically," the avid cyclist said.

Const. Scott Mills, social media officer for Toronto police, attributed the thefts to two criminal profiles that troll the city's streets.

"The first are thieves of opportunity, who seize a bike for quick transportation," he said.

"The second are organized groups ... rings that are targeting high-end bicycles to sell outside of Toronto."

These thefts are a "huge issue," one that has prompted city cyclists to change their commuting behaviour, says former Toronto Bicycling Network technical director Ken Miller.

"Many cyclists with a high-quality bike will not bring a lock; they don't want to leave their bike," he said. "Most people will use an errand bike that they don't care about as much."

Thanks in part to portable power tools, even the most sophisticated of locks are easier to break than ever before.

The city says it has already taken steps to implement secure, bike storage. In addition to 16,000 post-and-ring bike stands that line the streets, the city has also installed bike corrals to accommodate high-capacity parking.

For now, Miller just wishes police would prioritize the issue, citing the lack of action on bike theft as a common grievance in the cycling community.

"This sort of property can be valued as much as a used car," he said. "Police do nothing unless the bike is ridiculously expensive ... Stop treating it as a petty crime." TORSTAR NEWS SERVICE

More bike coverage in metroNEWS

metro NEWS

Your essential daily news

Canadian killed by extremists remembered as brilliant and compassionate. **Canada**

Bike lanes split committee

URBAN PLANNING

Now council alone must decide on Bloor project

Council will decide next week whether to install bike lanes on a busy stretch of Bloor Street after a split committee handed off the report with mixed messages.

At Monday's public works and infrastructure committee meeting, staff recommendations for a five-kilometre section of bike lanes both eastbound and westbound between Shaw Street and Avenue Road were forwarded to council without any direction after committee members held a series of conflicting votes.

Coun. Joe Cressy, whose ward (Ward 20, Trinity-Spadina) includes part of the proposed pilot and is one of two local representatives pushing for the lanes, said council now has a chance to make it a reality.

"After 40 years of advocating for safer and faster streets, we are one vote away," Cressy said. "This comes to council without recommendations, and I am fully hopeful and optimistic that it will pass and that we will safely ride along Bloor."

Discussion of bike lanes on Bloor proved contentious in committee. KEITH BEATY/ TORSTAR NEWS SERVICE

During the debate Monday, rhetoric resurfaced that was reminiscent of the "war on the car," as framed by the late councillor Rob Ford.

The committee's indecision followed overwhelming support from cycling advocates, students and local resident associations who came to city hall to back the pilot project.

> **I am fully hopeful and optimistic that it will pass.**
> Coun. Joe Cressy

Stephen Buckley, general manager of transportation services, said the stretch of road sees an average of 22 collisions involving cyclists each year. About a third of those involve "dooring," when the door of a stopped car is opened into the path of a cyclist, he said.

Staff will look at traffic flow, parking impacts and travel times as part of the pilot that could begin by the end of August. It carries a price tag of $500,000 to reconfigure the street.

Councillors who support the pilot say the plan is well thought out and addresses a needed balance on the road, while considering the impact on drivers, cyclists, businesses and surrounding neighbourhoods. TORSTAR NEWS SERVICE

TORSTAR NEWS SERVICE

TTC, city work on spots to park bicycles

Gilbert Ngabo
Metro | Toronto

There's hope for better bicycle parking coming to TTC stations.

The city's public works and infrastructure committee passed a motion laying ground for collaboration between the TTC and the city's transportation services to develop a bike-parking strategy at subways.

"There are 69 subway stations across the city and bike parking at any of them is just a mess," said Coun. Joe Mihevc, who initiated the proposal.

"People attach their bikes to parking meters, to fences, to trees — they just lock them to whatever is available. We need to put some regularity if we want bicycling to be a real transportation option."

The land near stations is owned either by the TTC or the city, which is why they must work together, he said.

Mihevc initially wanted an integrated plan by the end of 2016 in time for the 2017 budget discussions. However, the committee voted for the strategy to be in place by end of first quarter next year, which means it would be included in the 2018 budget process.

"Maybe it will take one year or two or five, but we need to identify those places for maximum numbers of bike parking spots," he said.

PERSPECTIVE

Driver in favour of proposal

Steven Goetz
Metro | Toronto

Andrew Tumilty considers himself "hyper aware" of bicycles when he's driving downtown, making sure to leave room and check his blind spot before changing lanes or making a turn.

So it came as a shock when he hit a biker on Bloor Street on the morning of Feb. 12.

"As soon as I heard the car hit the bike, I looked and I saw him," Tumilty said. "I thought he was going to go over the handlebars and fly into the garbage can.

"I rolled down the window and asked if he was OK and he asked me if I was OK.

"Which is funny, right? I am the one in the car and he is asking me if I'm OK."

Tumilty said the man looked to be in in his late 30s. After he apologized, the two went their separate ways, but Tumilty was left thinking how close they had come to a tragic collision.

"I am not sure if I didn't look or he was slipping in, but it is insane that a moment of inattention on my part or his should put a biker's life in danger."

He said he supports separated bike lanes on Bloor Street: "I think there are so many systems in place for cars and their safety and bikes deserve some protection, too."

"I felt bad enough knowing something serious almost happened; I can't imagine what it would feel like if it actually did."

Healthy eating at summer camp

THORNCLIFFE PARK

Program to serve nutritious meals made by area youth

Susan Wright, left, wants to introduce a summer lunch program for day camp kids in Thorncliffe Park, home to the city's largest proportion of kids and one of the highest child poverty rates. ANDREW FRANCIS WALLACE/TORONTO STAR

More than 160,000 Toronto students have access to free or low-cost breakfasts and snacks as part of a national network of school nutrition programs that is fuelling learning and healthy eating habits across the country.

But when school's out for summer, those programs go on hiatus too.

"We all know about the summer learning loss and the need to keep kids on par academically over the holidays," says Susan Wright, a former Ontario regional director for Breakfast Clubs of Canada, one of two national charities that marshal corporate donations for school programs.

"But what about the nutrition loss?"

For Wright, the answer is Summerlunch+, a new initiative that aims to teach healthy eating to children in local day camps through nutritious meals prepared and served by area youth.

The program will also offer trips to local farms where kids will learn more about where their food comes from.

After researching the concept for the past year, Wright is set to pilot the program this July and August in Thorncliffe Park, home to the city's largest proportion of children and one of Toronto's most diverse and economically challenged neighbourhoods.

"This complements very much what we do in the summer camps," says Ahmed Hussein, executive director Thorncliffe Park Neighbourhood Office, which runs camps for about 300 kids ages seven to 17.

> **We are trying to be creative while introducing kids to nutritious, local food.**
> Tabassum Dana

"The students hired to help run the program will learn cooking skills and the kids receiving the food will learn more about nutrition," he adds.

Tabassum Dana, one of four parent co-ordinators at Thorncliffe Park's school nutrition program, says any opportunity to extend healthy eating into the summer months would be a welcome addition to the community.

"It's a great thing. Food fuels the body and the mind," she says. "The more people we get involved, the better."

Summerlunch+ will offer daily meals consisting of two servings of fruit and vegetables along with grain, protein and dairy items.

"It might be a vegetable wrap with yogurt sauce, or fruit smoothies and a bagel," Wright says. "We are trying to be creative while introducing kids to nutritious, local food."

At least once a week, she is hoping to provide a hot meal — perhaps a soup or stew — or even baked vegetable samosas.

Wright has enlisted the volunteer help of Lisa Slater, a trained chef and retail food expert who has worked with high-end organic grocer Whole Foods for the past 14 years, to help source nutritious food at affordable prices.

Local celebrity chef Anthony Rose, a member of Wright's board of directors, will help with recipes and a Summerlunch+ cookbook for campers and the community.

Wright is hoping to use the staff kitchen at Thorncliffe Park Public School and hire 10 local high school students through the Toronto District School Board's Focus on Youth summer employment program as apprentice cooks to prepare the food. She plans to employ a university or college student studying nutrition or culinary arts through Canada Summer Works to supervise the kitchen.

THE CANADIAN PRESS

COMMERCIALS

City looking to ban 'unhealthy' advertising aimed at kids

Gilbert Ngabo
Metro | Toronto

The city of Toronto wants to put kids on an advertising diet.

The board of health voted Monday to seek federal support to ban commercial advertising to children aged 16 and under, in part to protect them from being exposed to unhealthy eating habits.

The vote follows recommendations from the city's Medical Officer of Health, who in a recent report noted the rise of obesity levels among children.

According to the report, 29 per cent of students in Grades 7-12 in Toronto are either overweight or obese.

The report also notes only one in eight students is eating enough fruit and vegetables, while one in five students eat sugar-sweetened beverages and salty munchies more than three times a day.

Lesley James, health policy analyst for Heart and Stroke Foundation, thinks that kids' bad eating habits are related to what they're seeing in the media.

"Children are being bombarded with commercials about unhealthy food and beverages," she said.

The foundation has teamed up with Childhood Obesity Foundation to form a national coalition to sound the alarm about the danger of marketing junk food to kids.

Board of health chair Joe Mihevc said Toronto could learn from Quebec, where restrictions have existed since the 1980s preventing child-targeted food advertising has been restricted since the 1980s.

"When children go to watch Saturday morning cartoons and it's full of sugary-eating advertising, you have to ask if that's appropriate," he said.

60

About 60 per cent of Canadian adults are overweight or obese. For children and youth, the number stands at about 30 per cent, according to Heart and Stroke Foundation.

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Thorncliffe Park Women Committee chair Sabina Ali (centre standing) and other community volunteers are working to revitalize the community, with the help of U of T students. STEVEN GOETZ/FOR METRO

Helping to build local connections

THORNCLIFFE PARK

Urban planning students team with residents on new projects

Gilbert Ngabo
Metro | Toronto

A mini-revitalization project is underway that could bring improved cycling paths and a new marketplace to the Thorncliffe Park neighbourhood.

Students from University of Toronto's urban planning program have teamed up with area residents and youth to come up with improvement proposals for a community identified as a "priority neighbourhood."

Thorncliffe Park Women Committee chair Sabina Ali said most of the projects identified through the partnership have a focus on youth engagement, and some are set to start this summer.

One of their ideas is to create a new open market — or a community café — which would be a weekly mini-market where locals can cook and sell food, clothing and other items.

"You can call it an informal business," said Ali, noting the place will serve as a meeting place to liven the neighbourliness. "We believe it will help build self-esteem for our residents, some of whom are new immigrants."

> **It will help build self-esteem for our residents.**
> Sabina Ali

Also, as part of the collaboration, students evaluated the neighbourhood's existing network of bike and pedestrian paths, both in the community and the surrounding ravines near the Don River.

The results were concerning, said Kesley Carriere, a student in U of T's master of science in planning program.

There's only a driveway leading into the Thorncliffe Public School — used by cars, cyclists and walkers at the same time. The sidewalks on Overlea bridge to nearby Marc Garneau school are too narrow, posing a danger to students.

"It generally looks like you're going somewhere you shouldn't be going," said Carriere, decrying a lack of signage or murals to make it look more welcoming.

The community and students continue to work together for final design proposals, while looking for funding opportunities to bring the revitalization to completion.

A bike repair booth is set to open in the area, an encouraging sign for youth to engage in outdoor tours, said Ali.

SYRIAN FAMILIES

Charity collecting bikes, sewing kits for refugees

A charity group in Toronto's west end is collecting sewing machines for newly arrived Syrian refugees.

The Roncesvalles Refugee Relief started last fall as a sponsoring effort, putting together finances to bring over one Syrian refugee family. Their application is currently awaiting a match and approval.

"As we wait, we figured it would be nice to help those who are already here," said Joanne Green, the group's co-chair.

That's when they heard two of the many items badly needed by newcomers include bicycles and sewing machines.

"We've been told Syrian women are really wonderful seamstresses," she said, adding the machines would help keep them busy as they acclimate.

"And I believe there's a hope that their products can be sold at gift shops to make extra income."

It's been only two weeks since the group put the call out, and they've already collected half a dozen machines, several bikes and a scooter.

Green said that, just in time for cycling season, the donated bicycles will give refugees an active way to get around, run groceries, go to their English classes or get to their jobs, for those who've found them. Donors can also include all the paraphernalia like helmets, locks and bells.

And it's not as if there's any gender prejudice as to who gets what donations.

"Of course we would happily give bikes to women and sewing machines to men, too," Green said. GILBERT NGABO/METRO

Roncesvalles Refugee Relief co-founder Joanne Green and her husband Murray. CONTRIBUTED

IN BRIEF

Pedestrian struck and killed
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Parody art is the best Drake's ever had

Drake hands out T-shirts at a pop up shop on Queen St. West to promote his new album. THE CANADIAN PRESS/COLE BURSTON

Colin McNeil
Metro | Toronto

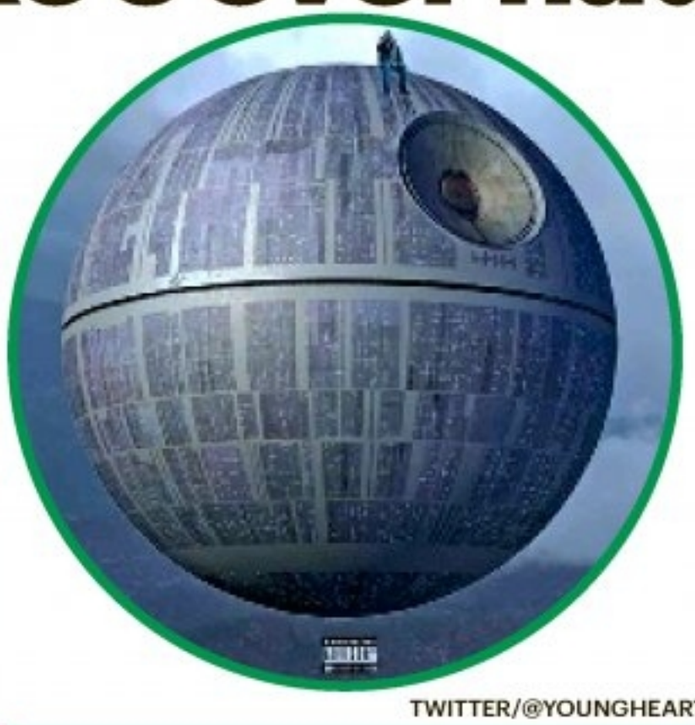
He may of started form the bottom, but Drake is now very much on top.

At least when it comes to his album covers.

The Toronto rapper's latest record cover shows Drizzy sitting on the edge of the iconic CN Tower, looking down at the city and surveying "the six". The art dropped on Sunday and in less than 24 hours, the Internet ran away with it.

Social media users everywhere flexed their Photoshop muscles and started pumping out parodies back to back.

The original photo illustration, also a work of Photoshop fantasy, was done by Caitlin Cronenberg, daughter of the famed Canadian filmmaker David Cronenberg.



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METROLINX

Jane at Home opens doors to writer's fans

JANE JACOBS

Manuscripts, favourite books among exhibited gems

Steven Goetz
Metro | Toronto

The late Jane Jacobs' name is synonymous with the public spaces she famously championed, and now a new exhibit offers a view into the personal spaces of the writer's home life.

Curated by her son Jim Jacobs and 401 Richmond president Margie Zeidler, the show gathers photos and items from the New York home Jane Jacobs owned before the family moved to Toronto in 1968, and from the Annex house she lived in for the last 37 years of her life.

> The things that were part of her home life have surprising resonances.
> Jim Jacobs

"The house was very active and people were constantly visiting, dropping in, staying for supper and every evening was filled with great conversation," Jim Jacobs said, describing the hive of activity the home was famous for. "Huge numbers of people visited her there."

Along with a recreation of her living room, exhibit visitors will see the desk where she worked, her typewriter, original manuscripts, and a collection of her favourite books arranged as they were in her home office.

"When she was working, she closed the door and you would hear, 'click click click' as she typed away," Jim Jacobs said.

"She wrote from her observations. And she was observing at home as well as on the street so the things that were part of her home life have surprising resonances with the things she wrote about."

Jane Jacobs reading the New Yorker in her home on Hudson Street in New York City, September 1966. COURTESY JIM JACOBS

The exhibit, titled Jane at Home, runs until May 8 at the Urbanspace Gallery and coincides with celebrations of what would have been Jane Jacobs' 100th birthday on May 4.

ANIMAL CRUELTY

Police seek man who attacked mother goose

Toronto Police are searching for a man who brutally attacked a mother goose nesting in a commercial park near Steeles and Keele on April 15.

A witness speaking to CityNews said she saw a man kick the goose and reach for its neck before she was able to intervene. The attack was obscured in security footage by a parked car, but the man is seen walking slowly toward the goose nest before the witness steps in to stop a "horrible" and "heart-wrenching scene."

> We deal with injured animals all the time, but this was a really hard one.
> Nathalie Karvonen

Police are currently investigating the incident.

If caught, the man could face federal prosecution for disturbing a protected migratory bird and its nest, on top of animal-cruelty charges.

"We deal with injured animals all the time, but this was a really hard one," said Nathalie Karvonen, executive director of the Toronto Wildlife Centre, which dispatched staff to tend to the injured bird after witnesses called its emergency hotline.

"It is just a sickening level of cruelty for an animal that was sitting there incubating her eggs."

During emergency surgery, veterinarians determined the injuries were too severe, and the animal was euthanized.

"After the attack, the mother pulled herself back up onto her eggs even though her neck was broken," Karvonen said. "It's horrible."

A goose's eggs need to be kept warm and turned constantly, Karvonen said, but the centre doesn't have the type of specialized incubator that could have saved the dead mother's babies.

"We received reports that the male goose came back to the area for at least four days afterward to see if she would turn up again."

STEVEN GOETZ/FOR METRO

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PM condemns 'cold-blooded murder'

PHILIPPINES

Canadian hostage killed by militants

Prime Minister Justin Trudeau condemned Monday the "cold-blooded murder" of a Canadian beheaded by terrorists in the Philippines after being held hostage for seven months.

Trudeau confirmed the victim was 68-year-old John Ridsdel of Calgary.

Ridsdel was one of four tourists — including fellow Canadian Robert Hall, a Norwegian man and a Filipino woman — who were kidnapped last Sept. 21 by Abu Sayyaf militants from a marina on southern Samal Island.

The militants had threatened to kill one of the three male hostages if a large ransom was not paid by 3 p.m. Monday local time — 3 a.m. ET.

Philippines police said a plastic bag containing Ridsdel's decapitated head was dumped in a street Monday night by two men on a motorcycle in Jolo, a town in Sulu province.

Trudeau said he was "outraged" by the news.

"Canada condemns without reservation the brutality of the hostage-takers and this unnecessary death," Trudeau said in a hastily assembled appearance before the media in the midst of a cabinet retreat.

"This was an act of cold-blooded murder and responsibility rests squarely with the terrorist group who took him hostage."

Trudeau said the Canadian government is committed to working with the Philippine government and international partners to "pursue those responsible for this heinous act and bring them to justice."

THE CANADIAN PRESS

Abu Sabaya, far left, one of the leaders of the Abu Sayyaf Muslim extremist group. AFP/GETTY IMAGES

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Ridsdel 'could bridge many communities'

John Ridsdel AFP/GETTY IMAGES

John Ridsdel was remembered Monday as a brilliant, compassionate man with a talent for friendship.

"He could bridge many communities, many people, many situations and circumstances and environments in a very gentle way," said Gerald Thurston, a lifelong friend of the former mining executive and journalist who grew up with him in Yorkton, Sask.

Ridsdel was one of four tourists — including Canadian Robert Hall, a Norwegian man and a Filipino woman — who were kidnapped last September from a marina resort on southern Samal Island by Abu Sayyaf militants.

The Islamic militants had threatened to kill one of the male hostages if a large ransom was not paid by 3 p.m. Monday local time. Police said Monday that the head of a Caucasian male was recovered in the southern Philippines and Canadian government officials confirmed the victim was Ridsdel, 68.

Thurston said Ridsdel is survived by two adult daughters from a former marriage. Both went on to achieve PhDs.

Saskatoon resident Don Kossick got to know Ridsdel in the 1970s, when Ridsdel was working in Regina. Kossick led a letter-writing and Facebook campaign calling on the Canadian government to help Ridsdel and Hall.

"He was just a really warm, gracious person with a really nice smile. I remember that very well. He was just really open. We were young in those days, so we talked about a lot things. John was really bright, he was on top of issues, and it was really nice being around him."

Thurston, who for a time shared a house in Calgary with his friend, also recalled Ridsdel's questing, probing intelligence — put to good use during a stint as a reporter for CBC.

"Whenever he chose to apply his stunning mind to anything, you knew it was going to be very well explored — and also brought into eloquent terms that explained it in such ways that it became available to everyone."

THE CANADIAN PRESS

+ RANSOM

Ransom for hostages may be a flexible matter

The Canadian government publicly says it does not negotiate with terrorists, but the private reality may well be more flexible.

Canadians are not immune to being kidnapped for financial gain or for political or propaganda purposes, says Public Safety Canada's 2014 report on terrorism.

"Ransom money is often used to help fund terrorism-related activities, including recruitment, arms procurement, training camps, terrorist attacks and furthering political agendas."

The Abu Sayyaf militants had demanded a huge ransom for him and three others. THE CANADIAN PRESS

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A buzz about bees

FOOD

Honey lovers eye backyard bee-keeping

The usual summer buzz in cities, amplified by warm weather, backyard barbecues and busy patios, is somewhat louder this year as urban bee-keeping gains popularity.

A Montreal-based company is renting out beehives to people who are interested in making their own honey and to learn more about bee-keeping.

According to Alveole's website, there are 15 beehive locations in Toronto, a couple in Quebec City and Maine, and more than 250 locations in Montreal, where the company started in 2012. Alveole says its hands are full with their existing locations, so they won't be expanding to any more cities for the time being.

Declan Rankin Jardin, one of the three founders of Alveole, says cities are actually a better place for bees than the countryside due to floral diversity, lack of other insect competition and a ban on pesticides.

Declan Rankin Jardin, one of the three founders of Alveole, a Montreal-based company renting out beehives, shows homeowner Karen Hickey how to take care of a hive in her backyard in Montreal. PAUL CHIASSON/THE CANADIAN PRESS

This June, the company is opening up a new honey house in both Toronto and Quebec City, where they will educate people on bees and guide them through the bee-keeping process.

Alveole says the number of hives being rented out this coming season isn't final yet, since many people don't start the process until later in the spring.

Montrealer Karen Hickey says she got into bee-keeping because she saw her neighbours doing it and thought it would be interesting to watch the bees in action, and that she was also concerned about the declining bee population. She got a hive from Alveole last summer and saw a prolific 30-kilogram honey payoff by fall.

It's been amazing "just watching them in the hive, because we take it apart, and see how they function," she said in an interview.

Once rented, the company places hives in either a backyard, a balcony or a flat roof. The renting period lasts one year, and costs $65 a month. Alveole staff does all the beehive maintenance.

There's just one fly in the ointment — keeping a hive in backyards can violate some city bylaws.

According to the Ontario Bee Act, a hive in Toronto has to be 30 metres away from the road. The Quebec Bees Act says they have to be 15 metres from roadways.

"It's kind of an archaic rule that doesn't really encourage urban bee-keeping," says Rankin Jardin. "A lot of installations can be made that are within 30 metres that are totally legitimate and wouldn't harm bees or people."

THE CANADIAN PRESS

INFRASTRUCTURE

Changes mean cash for ferries, roads

Cities and provinces with new, shovel-ready infrastructure projects will be eligible for funding under the first phase of the Liberal infrastructure program, but only if the work is completed within the next three years.

That's the message in letters which federal Infrastructure Minister Amarjeet Sohi sent to his provincial counterparts last week.

Project costs for transit and waste-water and water-treatment projects will be eligible retroactive to April 1, "so work can begin immediately," Sohi wrote.

The first phase of the Liberals' promised 10-year infrastructure plan wraps up in 2019 — just as the country heads to the polls in a federal election — and is mostly focused on repairing aging roads, pipes and transit systems across the country.

It is also designed to lay the foundation for the second and more lucrative phase of the Liberal plan by covering planning costs for larger projects.

"There is money for design, there is money for planning and there is money for doing small projects if they are ready to move ahead with them," Sohi told reporters at the Liberal cabinet retreat in Kananaskis, Alta.

Money can't go to municipal projects without funding agreements between the federal and provincial governments.

"What these letters today do is that they set the framework and gives clarity for provinces and territories from the federal government for those negotiations and discussions to occur," said FCM president Raymond Louie. THE CANADIAN PRESS

There is money for design, there is money for planning and there is money for doing small projects if they are ready to move ahead with them.
Amarjeet Sohi, infrastructure minister

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Opponents ally to oust Trump

POLICE SHOOTING

Tamir Rice suit settled

The city on Monday reached a $6 million settlement in a lawsuit over the death of Tamir Rice, a 12-year-old black boy shot by a white police officer while playing with a pellet gun outside a recreation centre.

An order filed in U.S. District Court in Cleveland said the city will pay out $3 million this year and $3 million the next. There was no admission of wrongdoing in the settlement.

Family attorney Subodh Chandra called the settlement historic but added: "The resolution is nothing to celebrate because a 12-year-old child needlessly lost his life."

The wrongful death suit filed by his family and estate against the city and officers and dispatchers who were involved alleged police acted recklessly when they confronted the boy on Nov. 22, 2014. A video of the encounter shows a cruiser skidding to a stop and rookie patrolman Timothy Loehmann firing within two seconds of opening the car door. Tamir wasn't given first aid until about four minutes later, when an FBI agent trained as a paramedic arrived.

Tamir's death has fuelled the Black Lives Matter movement that firmly took root in 2014 after Michael Brown in Ferguson, Missouri, and Eric Garner in New York City died at the hands of police. Grand juries declined to indict officers in those two deaths and in the shooting of Tamir.

THE ASSOCIATED PRESS

Tamir Rice AFP/GETTY IMAGES

U.S. ELECTION

Front-runner bristling at collaboration

Donald Trump says an extraordinary collaboration between Ted Cruz and John Kasich aimed at unifying the anti-Trump vote in some remaining primaries is a desperate move by "mathematically dead" rivals.

Such collusion would be illegal in many industries, the Republican presidential frontrunner said, but it's illustrative of "everything that is wrong in Washington and our political system."

Under the arrangement outlined late Sunday, Kasich, the Ohio governor, will step back in the May 3 Indiana contest to let Cruz bid for voters who don't like Trump. Cruz, a Texas senator, will do the same for Kasich in Oregon and New Mexico.

The arrangement does not address the five Northeastern states set to vote Tuesday, where Trump is expected to add to his already overwhelming delegate lead. Yet the shift offers increasingly desperate Trump foes a glimmer of hope in their long and frustrating fight to halt the billionaire's rise.

"It is big news today that John Kasich has decided to pull out of Indiana to give us a head to head contest with Donald Trump," Cruz told reporters as he campaigned in Indiana on Monday. "That is good for the men and women of Indiana. It's good for the country to have a clear and direct choice."

Ted Cruz and John Kasich AFP/GETTY IMAGES

Kasich sent mixed messages, however, as he addressed the pact for the first time while campaigning in Philadelphia.

Asked what Indiana voters should do next week, the Ohio governor just 13 hours after the arrangement was announced urged them to vote for him.

"I've never told them not to vote for me. They ought to vote for me," Kasich said in a Philadelphia diner. He said he simply agreed not to spend "resources" in Indiana.

The announcement marks a sharp reversal for Cruz's team, which aggressively opposed coordinating anti-Trump efforts with Kasich as recently as late last week. And the agreement applies only to Indiana, Oregon and New Mexico — three of the 15 states remaining on the Republican primary calendar. As Kasich backs out of Indiana, Cruz promised he would not compete in Oregon on May 17 and New Mexico on June 7.

Cruz's campaign manager, Jeff Roe, said in a statement explaining the new plans that Trump would be soundly defeated by the Democratic nominee, whether it's Hillary Clinton or Bernie Sanders. "Having Donald Trump at the top of the ticket in November would be a sure disaster for Republicans," he said.

Added Kasich's chief strategist, John Weaver, "Our goal is to have an open convention in Cleveland, where we are confident a candidate capable of uniting the party and winning in November will emerge as the nominee." THE ASSOCIATED PRESS

GREECE

Jordan's queen visits refugee camp

Queen Rania of Jordan has visited refugees and migrants on the Greek island of Lesbos, which has been one of the main gateways into Europe for people fleeing war, poverty and persecution at home.

Rania visited the Kara Tepe camp Monday, a facility hosting more than 800 people. She says aid organizations had voiced "deep concern" over the recent European Union-Turkey deal under which those arriving on Greek islands after March 20 face deportation back to Turkey.

Rania added it is "absolutely crucial for us to look for legal alternatives and more safe and effective (alternatives)."

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THE HUMAN TOUCH

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BMO is the first of the major Canadian banks to introduce an automated online investing service. Despite the "Robo Advisor" misnomer, SmartFolio portfolios are managed by actual people, financial experts who oversee the exchange-traded fund (ETF)-based portfolios.

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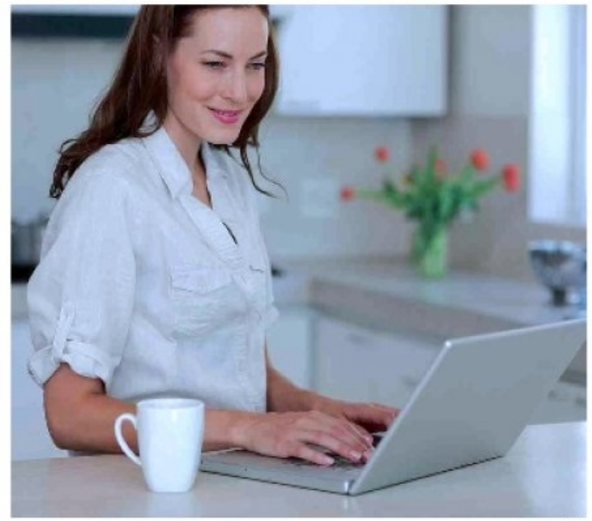

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ECUADOR EARTHQUAKE DEATH TOLL RISES Kiara Farias, 2, whose arm was broken during the 7.8-magnitude eathquake, plays with her brother Jostin, 6, in a makeshift camp for people displaced by the quake, in Pedernales, Ecuador, on Monday. Ecuador's government says the death toll from the devastating quake that flattened towns along the country's coast over a week ago has risen to 655 with another 48 people missing. RODRIGO ABD/THE ASSOCIATED PRESS

Shooting puts focus on bullying

WISCONSIN

Governor says authorities should address mental health

Wisconsin Gov. Scott Walker on Monday called for a discussion on how to deal with bullying in schools after friends of a gunman who wounded two people outside a high school prom said the 18-year-old had been bullied.

Authorities have not revealed a motive for the shooting outside Antigo High School in northern Wisconsin and declined to comment Monday on whether bullying may have been a factor. Police fatally shot former student Jakob E. Wagner after he opened fire on students outside the school Saturday night, authorities say.

Wagner's mother, Lorrie Wagner, said that her son "wasn't a monster."

"If anything, I hope it shines light on bullying and how deeply it affects people," she said, before ending the interview.

Former classmate Dakotta Mills, who said he had known Wagner since sixth grade, told The Associated Press that he had "some rough spots now and then" and that he had witnessed him being bullied. Another former classmate, Emily Fisher, told the Wausau Daily Herald that students ganged up on Wagner and called him names, in part because of poor hygiene. The bullying started in middle school, Fisher said, and continued through high school.

Walker, a Republican, said authorities should address bullying and mental health, as well as teach students how to resolve disagreements peacefully rather than impose new limits on firearms. He said that if there were a ban on rifles in Wisconsin, "you wouldn't have hunting here."

At a news conference Monday, authorities said they couldn't confirm that Wagner had been taunted by fellow students or say whether it was a possible motive in the shooting.

However, Roller said it didn't appear that the victims had been specifically targeted.

The state Department of Justice has taken over the case because it involves a police shooting. Agency spokesman Johnny Koremenos said in an email that it was too early to offer a motive or provide other details of the investigation.

Roller said the officers' response "saved lives by stopping the threat" in that the suspect "didn't end up inside a building that was full of prom-goers."

Wagner arrived on a bicycle armed with a rifle and opened fire as two couples were leaving the dance, Roller said. One 18-year-old male student was struck in the leg and a bullet grazed his date's thigh. The other couple wasn't struck. Two officers were stationed in front of the school and one quickly shot the gunman.

The victim's family requested privacy, but said in a statement that their son was doing well after a long surgery. They thanked everyone who helped and asked that people "pray for the family of Jakob Wagner".

THE ASSOCIATED PRESS

CAMBODIA

Cambodian Royal Turtle nearly extinct

A Cambodian Royal Turtle walks on the sand of Sre Ambel river bank, in western Phnom Penh, Cambodia. THE ASSOCIATED PRESS

Cambodia's Royal Turtle is nearly extinct, with fewer than 10 left in the wild, because increased sand dredging and illegal clearance of flooded forest have shrunk its habitat, a conservationist group warned Monday.

The New York-based Wildlife Conservation Society said in a statement that for several years the small remaining population of Royal Turtles, "perhaps numbering fewer than 10,' have been successfully protected in the Sre Ambel river system by a joint project of the government's Fishery Administration and WCS.

But a recent increase in disturbance along the river system in Koh Khang province, the only place the turtle is still found in Cambodia, is putting the species at great risk, it said.

The Royal Turtle is one of the world's 25 most endangered tortoises and freshwater turtles. Also known as the Southern River terrapin, the Royal Turtle is so named because in historical times only the royal family could consume its eggs. The species was designated as Cambodia's national reptile in 2005.

This year the project team observed a decline in the turtle's nesting. "We believe this is caused by increased sand dredging, wood transportation along the nesting habitat, and illegal clearance of flooded forest disturbing the females during the breeding season," said In Hul, the project co-ordinator.

Only one nest was located this year, compared to four last year. "This is very worrying and if it continues it will be potentially putting the species at high risk of extinction," he said.

The Royal Turtle was believed extinct in Cambodia until 2000 when a small population was re-discovered.

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Ontario

DAESH

Turkey deports suspected militants

Turkey has deported more than 3,300 foreigners suspected of links to jihadi groups, particularly Daesh militants, and another 41,000 foreigners have been barred from entering the country as part of its fight against the militant group, a top official said Monday.

Turkish profiling teams have also interviewed 9,500 people upon their arrival in Turkey, Ibrahim Kalin, a spokesman for President Recep Tayyip Erdogan, told reporters. Some 2,000 of them were denied entry as a result.

Around 2,770 suspects, including 1,232 foreigners, have been caught in police sweeps and 954 of them are being prosecuted, Kalin said.

Separately, Turkey's state news agency, citing unnamed military sources, said close to 900 alleged Daesh militants have been killed since January in Turkish artillery and airstrikes against the group in Syria. The agency said 492 of the militants were killed in air raids while another 370 were killed by artillery fire. The agency didn't specify how the figures were obtained and it wasn't possible to verify them independently.

4
The number of deadly bomb attacks in Turkey since July that have been blamed on Daesh.

Turkey, long accused of turning a blind eye to the extremists crossing into Syria, has now taken a larger role in the fight against Daesh, opening a key air base in southern Turkey to the U.S.-led coalition fighting the extremists and reinforcing its border to prevent infiltrations. THE ASSOCIATED PRESS

Procrastinators, do your taxes

FINANCE

To avoid penalties, get returns filed before April 30

Get rid of the taxes anxiety by just doing them already. ISTOCK

Taxes! What are they good for? That's what many Canadians ask themselves this time of year, as they scramble to file them on time.

Jacob Hirsh, an assistant professor at the University of Toronto, has a different question: "Why wouldn't you put them off?"

The Canada Revenue Agency expects your tax returns by April 30 (or June 15 if you are self-employed). But only 18 per cent of Canadians file well in advance of those dates, with one in five filing just in time, according to an H&R Block survey released last year.

Unless you're expecting a big refund, there is no real positive incentive to do your taxes early, according to Hirsh, who teaches organizational behaviour and human resource management. "Normally, the things that motivate us the most are the things we're excited about; we perceive an opportunity for value," he said.

The main reward that comes with getting your taxes done is just that — the fact that they're done, Hirsh adds.

But there are negative incentives if you don't, include financial penalties. In other words, "Get it done — stop procrastinating, Canada!" says Caroline Battista, a senior tax analyst at H&R Block. "We want the services that come through paying our taxes, but don't want to pay more than (our) fair share," she says. "And the chance to do that is on (our) tax return."

WHAT HAPPENS IF YOU FILE LATE?

Interest starts accumulating May 1 at 5 per cent, "but it comes up to a bit more because it's compounded daily," says chartered professional accountant Dale Romanovsky. There are also extra monthly penalties for late returns.

If push comes to shove, the CRA will take care of your taxes itself, since employers file tax slips, Romanovsky says. He's noticed more clients coming to him with letters from CRA with its own assessments of what they owe.

WHO FILES LATE?

According to H&R Block, 35- to 54-year-olds procrastinate the most. That may simply be because their lives are busier, Battista says.

When it comes to tax procrastinators' financial situations, though, anxiety doesn't discriminate.

Even experts can be guilty of putting things off; an accountant was a subject of a case study on which York University psychology professor Gordon Flett worked.

"He wasn't filing other people's taxes on time, let alone his own," says Flett. "This is how severe it was."

WHY PEOPLE DON'T FILE (ON TIME)?

People procrastinate for a number of reasons, including fear of failure, the seeming complexity of a task, the "jolt" that may come with doing something at the last minute, and a distaste for being told what to do, according to Flett.

Conscientious people tend not to procrastinate, says Hirsh, who added that some of the issues may have to do with a lack of awareness about taxes. "Basic financial life skills should be taught in school," he says, noting some are taught in high school, but that might be years before someone actually has to file a tax return. TORSTAR NEWS SERVICE

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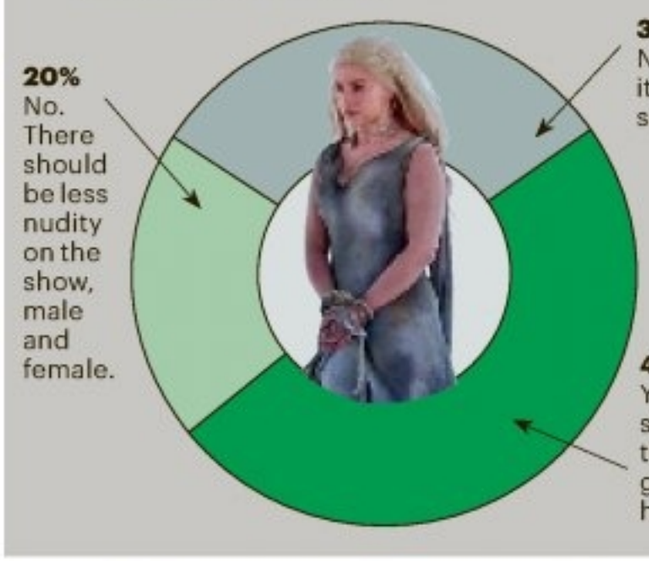
metro VIEWS
Your essential daily news
Tuesday, April 26, 2016

METRO POLL

Is Game of Thrones' nudity sexist?

As the world settles in to relish Games of Thrones' sixth season, one of the burning questions on fans' minds is: "Who are we going to see naked?" Metro's own unscientific research yielded unsurprising results: Over the show's five seasons, women have been given the full-frontal treatment twice as often as men. Is that unfair? **Is it time to even the score?** We asked our online readers.

1 Should Game of Thrones adjust its male-to-female nudity ratio?



2 Does the fact that there's way more female nudity on the show mean that it's sexist?

60% No way!
40% Absolutely.

WE ASKED Metro readers

Women enjoy watching these naked girls just as much as men do.

Equal rights, equal bods!

I think I've seen as many male nipples on the show as I have female nipples. The problem is that female nipples are sexualized.

I would rather see the actor's/actress's skill than their private parts.

It is likely catering to the audience. More males watch.

It is not directly being 'sexist,' it just follows the themes and storylines that were developed in the world of this TV show.

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HAVE YOUR SAY

Bike-lane debate: What a difference 5 years make

TORY'S TORONTO

Matt Elliott

The most notable thing about the staff report debated at Toronto's public works and infrastructure committee Monday isn't that it finally recommends bike lanes on Bloor Street.

It's that no one has been freaking the hell out about it.

The report, which calls for a pilot project for separated bike lanes on Bloor between Shaw Street and Avenue Road starting this summer, has generated relatively little controversy. Cyclists are obviously thrilled, having been fighting for bike infrastructure on Bloor since the idea was first studied in 1992, when I was nine.

But even drivers, who have long been wary of anything that takes away road space, and business owners, who have long been convinced all their customers are drivers, are showing signs of support. A city-run survey found 44 per cent of drivers and 43 per cent of business owners on Bloor support the bike lane plan.

Those numbers still aren't great, but they're a whole lot better than what cyclists in Toronto were dealing with just five years ago.

Back then, cyclists had to go to war over bike lanes on Jarvis Street.

As bike infrastructure goes, Jarvis was pretty terrible — just painted lines, with no buffer from speeding traffic. But the lanes, targeted for removal by mayor Rob Ford and his council crew, became a flashpoint because cyclists had nothing else to cling to.

I remember attending raucous city hall meetings where cyclists crowded the council chamber wearing bike helmets. I remember ridiculous arguments from city councillors about how these lanes were jamming traffic and keeping parents from getting home to see their children. I remember desperate cyclists sitting in the street to block the machines that would erase the lanes.

I remember losing that battle.

But now Toronto is having a bike moment. A new approach by advocates and planners has taken hold. It works by introducing bike infrastructure through pilot projects, ensuring that people don't feel like permanent changes are being made without evaluation and study.

And it works by collecting data that shows bike lanes don't lead to economic collapse, total gridlock or the literal apocalypse. The city's data on the pilot lanes installed on Richmond Street and Adelaide Street, for example, is proving to be amazingly useful, showing that those lanes saw cyclist numbers triple without slowing automobile travel times.

Things aren't perfect. The city badly needs better design standards for separated lanes that actually work to keep cars away from bikes. Where infrastructure can't do that, Toronto needs better enforcement of laws meant to protect cyclists. And the budget for bike lanes must be bigger.

But progress can't be denied.

For once, cycling infrastructure in Toronto is pedalling forward and building momentum. Now pedal harder, damn it.

Matt Elliott lives and writes in Toronto. Follow him on Twitter @GraphicMatt

ROSEMARY WESTWOOD

metroview

It's not cool to kill your plants. They have feelings, too.

In 2013, the New Yorker ran a long piece on plant feelings, and whether they have any.

It wasn't conclusive. But it was disturbing enough that I decided to stop buying plants. Inevitably, I kill any that come under my charge. Not via neglect and dehydration, mind you. I'm the smothering kind who drowns them to death.

Even ferns are too risky if there is a chance they could sense their own demise, I decided. Especially after I came across Avery Monsen and Jory John's whimsical book All My Friends are Dead, in which a despondent potted plant begs: "Please stop buying my friends if you are just going to slowly kill them."

In 2010, when that book was printed, plant sensing, as it's sometimes named, hadn't yet come back in vogue (it was, naturally, a thing in the '70s). But there has since been a book (2012's What a Plant Knows) arguing plants see, smell, taste and feel; and a simmering debate over plant intelligence (plus a debate over the term "plant intelligence").

There are a few reasons to worry about all this right now. Chiefly, it's spring, and shops are again full of perfumed, kaleidoscope offerings for you to take home, enjoy and kill.

But also: Plants, like plant sensing, are hot. Boutique shops — with stylized cacti and lime-green foliage you feel the urge to pet — are everywhere.

They answer the question: What do your plants say about you? (Artsy and in love with the southwest desert esthetic!) But beware of who you hurt while curating your image. A throw pillow doesn't care about the end of its threadbare neighbour, but plants have been found to recognize their kin and warn each other of bugs and water scarcity.

The research is part of what Natasha Myers calls a scientific and cultural "moment of recognizing both the force and power of plants."

"For me, the promise of (plant) sensing is the promise of (plant) sentience," says Myers, an anthropologist at York University who studies the relationship between plants and people. Many scientists agree plants both actively respond to, and shape, the world, she says. Perhaps they'll change our very understanding of what "intelligence" is.

What that means for the lowly houseplant is a paradigm shift in its function and worth. Myers suggests that we need to consider relationships of reciprocity with our plants: "What are we willing to give back?"

If not some small effort to understand their slow, subtle signals, their individual necessities of life, it's hard to argue we deserve them.

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Rachael vs. Rachel: Jay Z infidelity rumours

Angry Beyoncé fans mistake Roy for Ray, threaten to stop eating celebrity cook's tacos

Dedicated dad time is needed

Labour Minister MaryAnn Mihychuk says she wants dedicated paternity leave to be part of promised changes to parental leave under the Employment Insurance program. **Writer Kaitlyn Kochany's** husband took 17 weeks off to care for their baby. She shares her experience.

Michael Cinovskis holds his three-month-old son Noah. Cinovskis, who works in development at CNIB, has taken 17 weeks off to be with his baby. LIZ BEDDALL/METRO

It's one a.m. on a Tuesday night and my husband is knocking on our bedroom door. "Someone's hungry," he says, holding our newborn son Noah. The two of them have been camped out in our den as I catch a couple precious hours of sleep. As Noah feeds, Mike refills my water glass and queues up his next movie, then I roll over once more, thankful that neither of us has to work in the morning.

While many fathers who take parental leave do so towards the end of their baby's first year, after their wives have returned to work, my husband Mike took his as soon as Noah was born. I returned to freelance work four weeks after our son's birth, so Mike arranged to take 17 weeks off, about half the total time allotted to parental leave. We thought we'd be able to establish a schedule before his return to work — sleeping through the night at six weeks, regular naps, family brunch on the weekends — but a fun fact about newborns is that they're totally uninterested in schedules.

Instead, we've used Mike's time off to cement ourselves as a new family. I always have someone to double-check that Noah is eating, sleeping, and pooping enough. He stays up late with the baby, and I get up early, so we both get close to enough sleep (although never quite as much as we want). We go together to doctor's appointments and drop-in centres, giving him intimate knowledge of Noah's health and development. This also saves me from becoming the family note-taker, collecting information to pass along when he's home from work. While I'm responsible for feeding Noah, Mike has become a champion diaper-changer, an experienced baby soother, and the captain of the stroller when we go for walks.

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There are downsides, of course. Money is tight, and after the newness wore off, we experienced cabin fever. Well-meaning relatives have cautioned us that, by taking parental leave, Mike's career will suffer. (Some American studies have shown that fathers who take paternity leave can be "daddy tracked," or sidelined for career advancement, similarly to working mothers.) None of us are looking forward to the day Mike has to return to the office — we're going to miss each other, he's going to miss Noah, and I'll be alone with a baby for the first time since Noah was born.

But the drawbacks are minimal when I look at the big picture. My husband and son bond every single day. Mike was the first person to see Noah roll over and to hear him laugh. The baby is comfortable with both parents — daddy isn't some guy who shows up at dinner time, and I get to recharge. Instead of feeling lonely or overwhelmed, a common complaint among my friends at home alone with their newborns, I feel supported. The big picture stays rosy into the future: children whose fathers take paternity leave tend to do better in school, and their households are usually more equal when it comes to chore division.

With more people than ever working in freelance or contract work, or working from home, this type of arrangement may become more common. Canada is looking at making paternity leave benefits more equitable, and Quebec already offers five weeks to new fathers.

But we still lag behind countries like Sweden, where nearly 90 per cent of new dads take paternity leave, and they take an average of seven weeks.

Currently, less than 10 per cent of Canadian dads take leave. From where I sit, even a few weeks at home can help families: It normalizes the idea that dads are active parents, even to infants, and helps equalize household roles. Making Quebec's amount of leave time available to fathers nationwide would be a great first step.

When I asked Mike what he would say to a father considering taking time off, he didn't hesitate: "Definitely do it. Anyone will tell you that this time goes by a mile a minute. As much we change in a year, babies change every week. They'll never be as little and as curious about the world as they are right now, so it's worth taking."

YOGA

A pose that promises to 'heel' your hip and low back pain

YuMee Chung
Torstar News Service

Our twist on Cobbler's Pose will traction out your hips and release the deep muscles of your lower back.

YuMee Chung demonstrates Cobbler's Pose.
TORSTAR NEWS SERVICE

Cobbler's Pose

1. Sit upright with knees hugged in close and inner big toes smooching one another.
2. Open the knees out to the sides like a pair of wings and gather the soles of the feet together into prayer position.
3. Place the left palm down high on the upper left thigh with all five fingers facing away from your centreline, while you prop the right hand on the ground, about 30 centimetres to your right and ever so slightly behind you. Lean into the right arm, using it like a kickstand; twist the shoulders a little to the right, turning your gaze over the right shoulder; and press the left hand strongly down and away as if you are trying to make your upper leg flatter and longer.
4. Stay for five slow breaths, actively relaxing the left hip and low back to reap the full benefit of this subtle yet profound stretch.
5. Switch sides.

The Ill-Fitting Shoe Blues

According to the Canadian Federation of Podiatric Medicine, 75 per cent of Canadians will experience foot health problems at one time or another. Women report foot problems four times more often than men. Most foot issues are not congenital but rather stem from wearing ill-fitting shoes. A whopping nine out of 10 women wear shoes that are too small for their feet in the name of fashion. How can you tell if your shoes fit you properly? If you cannot spread your toes out a little in your shoes, they are simply too small.

YuMee Chung is a recovering lawyer who teaches yoga in Toronto. She is on the faculty of several yoga teacher training programs and leads international yoga retreats. Learn more about her at padmani.com.

JOHANNA SCHNELLER WHAT I'M WATCHING

The dangers of food tourism

THE SHOW: Carnival Eats, "We Deep-Fried That" (FOOD)
THE MOMENT: The deep-fried gummy bear

According to Carnival Eats host Noah Cappe, this deep-fried gummy bear tastes like cherry pie. CONTRIBUTED

Host Noah Cappe talks to a woman food vendor at the Ohio State Fair. "How did you ever think of deep-frying gummy bears?" he asks.

"Honestly, I was just trying to think of something that hadn't been done yet," she says.

He expresses fascination with her method, even though every item he tastes in this episode is made the same way: Stick a skewer into something weird. Shove it in the freezer. When it's cold, dredge it in something (for the bears, that's flour, cinnamon and cardamom). Plop it into the deep fryer until the batter bubbles.

Cappe bites into a hot bear. It dissolves into goo. "Mmm, tastes like cherry pie," he says. It looks absolutely revolting.

One slow Friday afternoon, you turn on the TV.

"What harm can it do?" you ask yourself. The station happens to be the Food Network. A vanilla-faced host is wandering State Fairs.

Next thing you know, you're watching someone dredge a slice of watermelon in tempura and tapioca, fry it, and then drizzle strawberry sauce over it.

Food-tourism shows baffle you, because unlike cooking shows, which teach you how to make something, food tourism is about watching someone eat stuff you're never going to eat. And unfortunately, no matter how many yummy or yucky faces a host makes, you can't tell what fried butter tastes like.

Yet you watch on, powerless to change the channel.

You didn't eat the fried butter, but somehow it's invaded your arteries anyway. When the commercials come on, you wander off in search of … potato chips.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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Are you ready to train like a viking?

NEW WORKOUT

Trainer wants you to scrap the selfies and start sweating

Trainer Svava Sigbertsdottir puts a priority on being powerful strong. TORSTAR NEWS SERVICE

Svava Sigbertsdottir doesn't want to give you a "bikini body."

She wants you to do burpees until you can't anymore.

Then do 10 more.

The Icelandic-raised Sigbertsdottir is the founder of The Viking Method, an intense full-body workout she created after trying everything from Crossfit to yoga to football in search of a workout that would give her the elusive tight, toned body.

Now based in London, she counts singer Nicole Scherzinger and model Suki Waterhouse among her biggest fans.

The single mom to an 18-year-old daughter has developed a brand that revolves around her gruelling weeks-long training videos, priced at $73 for a six-week program and $130 for 12 weeks, her nutritional program focusing on healthy fats, fruits and vegetables, and her tough, motivating persona.

We caught up with Sigbertsdottir, 35, at Hard Candy Fitness in Toronto.

What is the Viking Method?
Basically, it is a functional training method, so you use your own body a lot and you use free weights. I have specific exercises, I pair them in a certain way. I do very specific work for the core. No core crunches, no weird machines. I work the body the way it should work. No, like, on all fours doing donkey kicks and ruining your hip. There are certain rules: 90 minutes before you exercise and 90 minutes before you go to bed, you can't have any carbs because they activate certain hormones that you don't want to have activated when you train and when you fall asleep. My most important thing about the method is that we train for our performance, not for our looks. Our worth is not determined by the size of our ass. It's all about internal satisfaction.

Why don't you like before and after body photos?
You can cheat so much on them. You do different lighting, you go in the sun bed, you have different underwear, you have make-up. What I find problematic with that is if you focus so much on looks, you're open to external opinions. Other people can get under your skin. Other people can make you feel awful about this picture that you felt really happy about. Instead, it's very empowering to put up goals and be able to smash them

TORSTAR NEWS SERVICE

AT HOME ROUTINE

Repeat circuit five times.

Kneeling High Kick (repeat 8 to 12 times): Start kneeling and bring your left leg forward with your foot down and a 90-degree bend at the knee. Press into the left heel and come up, lengthening the left leg and at the same time kicking the right leg high up. Control it as you come back down. Do not use the right leg at all to lift yourself up, only the left. Engage your core and use your power to kick.

Narrow Beats (repeat 8 to 12 times): Come down into a low squat. As you squat watch that knees are in line with your toes and your weight is on your heels. Imagine you're sitting down on a low chair that is far behind you. Squat deeply. As you jump up, lengthen the legs fully and beat them together (like closing a pair of scissors).

Tea Towel Crawl (repeat 2 to 4 times): Hold your body in a plank position, placing two tea towels under your feet. Using your arms, drag your body four steps forward, keeping your body in the plank position. Push your body four steps back.

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"Jeez, it was like a party": Former fifth-round pick Josh Norman who recently signed a five-year $75-million deal with the Washington Redskins

Sticking to their guns

RAPTORS
GAME 5 PREVIEW

Coach says team won't shy away from using its struggling stars

Perhaps more than any other sport, the NBA is a league that is built on its stars. And perhaps more so on Tuesday than any other day of the Toronto Raptors' history-making season, the team will need its stars to keep this thing moving forward.

Deadlocked at two games apiece, the Raptors and Indiana Pacers are heading into make-or-break territory. Game 5 is here. Paul George and his 26 points, 5.5 rebounds, 3.8 assists and do-everything-else game has been here for the Pacers from Game 1. What's been missing, at least to the extent that it was present in the Raptors' 56-win regular-season march, are the Raptors' stars.

Kyle Lowry and DeMar DeRozan have been minimized in this series, when all it would take for the Raptors to win is an average showing from one or both of them against George and the Pacers. By now, the numbers should feel like a word that's been repeated so often it starts to sound like gibberish.

DeRozan is shooting 29.6 per cent from the field; Lowry is at 32 per cent. DeRozan has had two games where he's failed to get to the free-throw line after he averaged 8.4 attempts per game during the season.

On Tuesday, playing in a game that more often than not determines a series — the team that breaks a 2-2 tie wins the series better than 80 per cent of the time — the Raptors' stars will get another chance to shine. This time they have to.

"We're going to ride or die with DeMar and Kyle," Raptors coach Dwane Casey said Monday.

"They haven't shot the ball great, but it's still basketball. We're going to go with them. They're our star players. They're all-stars for a reason and we're trying, as a coach and as a staff, to try to put them in the best position to be successful."

The most desirable option would be to have them be scorers. If that's not there, they need to go the route that Lowry did in Games 2 and 3 and facilitate, or rebound, or make an impact on the game defensively.

Lowry said that he and DeRozan have to trust in what's gotten them to this point.

"You have to still trust and believe in the habits you have created all your career or all your life. You have to still believe in those habits," he said.

"For me, and I'm sure for (DeRozan) also, it's believing in the habits we have created this season.

"Through four games I am shooting 31 per cent and he's shooting 30 per cent. It hasn't been pretty. We have two wins and that's a positive but we still have to play better for our team to go further on."

After the Raptors squandered a chance to go up 3-1 on Saturday, Lowry sees Game 5 as another opportunity, not a game that's a must-win.

"For us, two years ago, we had a Game 5 and we won (but) lost 6 and 7," he said, thinking back to the 2014 series with the Brooklyn Nets. "It's not really the end-all, be-all but for us, it's home court, and we have take advantage of that opportunity we have upon us."

TORSTAR NEWS SERVICE

Kyle Lowry and DeMar DeRozan are shooting 32 and 29.6 per cent respectively in their first-round series against the Pacers. NATHANIEL S. BUTLER/NBAE VIA GETTY IMAGES

Kyle and DeMar are our guys. I don't care what their numbers say, they're still, to me, two of the best guards in the NBA.

Dwane Casey

NBA PLAYOFFS

Curry out at least two weeks

Stephen Curry will miss at least two weeks for Golden State with a sprained ligament in his right knee, dealing a blow to the Warriors' hopes of following a record-breaking season with a second straight championship.

The Warriors said an MRI on Curry's knee Monday determined he had a Grade 1 sprain of the MCL and will be re-evaluated in two weeks.

That timetable would lead to Curry missing the rest of the first round of the playoffs and likely at least the first four games in the next round if the Warriors are able to advance.

30.1

Curry's points-per-game average this past regular season, a league best.

Golden State leads Houston 3-1 in its first-round series. Game 5 is Wednesday night in Oakland.

Curry was injured on the final play of the first half of Sunday's 121-94 win in Houston when he slid awkwardly on a wet spot on the court and fell. He immediately grabbed his knee and jogged with a limp to the locker-room.

He came out with the team after halftime, but sat on the bench for most of the warmup time. After talking with coaches, he returned to the locker-room with his second injury of the series. Curry had missed the previous two games with a sprained right ankle.

The Warriors thrived without Curry on Sunday, hitting eight three-pointers in the third quarter alone to turn a tie game into a 21-point lead on the way to the easy win. THE ASSOCIATED PRESS

DEFLATEGATE

Brady to serve ban, appeals court rules

New England Patriots quarterback Tom Brady must serve a four-game "Deflategate" suspension imposed by the NFL, a federal appeals court ruled Monday, overturning a lower judge and siding with the league in a battle with the players union.

A three-judge panel of the 2nd U.S. Circuit Court of Appeals in Manhattan ruled 2-to-1 that commissioner Roger Goodell did not deprive Brady of "fundamental fairness" with his procedural rulings.

Tom Brady THE ASSOCIATED PRESS FILE

The split decision may end the legal debate over the scandal that led to months of football fans arguing over air pressure and the reputation of one of the league's top teams.

THE ASSOCIATED PRESS

IN BRIEF

Rays' Archer snaps his lengthy winless streak

Chris Archer struck out 10 over 6-2/3 innings to end a 10-start winless streak, and the Tampa Bay Rays beat the Baltimore Orioles 2-0 on Monday night.

Archer (1-4) allowed five hits to get his first win since beating the Orioles on Aug. 31. The Rays opening-day starter was 0-7 during the winless stretch.

Curt Casali drove in both runs for the Rays.

THE ASSOCIATED PRESS

MLB WHITE SOX UPEND BLUE JAYS White Sox third baseman Todd Frazier tags out the Blue Jays' Edwin Encarnacion on Monday night at Rogers Centre. On offence, Frazier drove in three runs and Chicago rallied from a four-run deficit to win 7-5. FRANK GUNN/THE CANADIAN PRESS

TIE SERIES

Walker, Hornets edge Heat

Kemba Walker scored a playoff career-high 34 points, Jeremy Lin added 21 and the Charlotte Hornets beat the Miami Heat 89-85 on Monday night to even their first-round series at 2-2.

Game 5 is Wednesday night in Miami.

UFC 200

Conor, Dana stir pot

Five days have passed since Conor McGregor ended his 24-hour retirement, and we're still not sure if the UFC's most bankable fighter will participate in UFC 200.

UFC president Dana White dropped McGregor from the card last week after the featherweight champ missed a promotional event. McGregor says he has reached an agreement with the promoter, but White says he hasn't spoken with McGregor's camp about reinstatement.

Conor McGregor and Dana White GETTY IMAGES

The buzz created raises the question of whether McGregor and the UFC are benefitting from the dispute by getting more publicity than any news conference could.

TORSTAR NEWS SERVICE

Leicester's title to lose

PREMIER LEAGUE

Foxes can clinch on weekend after Spurs draw

Leicester is one victory from becoming one of the unlikeliest champions in English soccer history — a year after nearly being relegated from the Premier League.

The path to the trophy became clearer Monday after closest challenger Tottenham was held to a 1-1 draw by West Bromwich Albion, giving Leicester a seven-point lead with three games remaining.

Leicester's first chance to seal its first top-flight title in its 132-year history comes on Sunday at the home of 20-time champion Manchester United.

Even if the Foxes fail to win at Old Trafford, manager Claudio Ranieri can be handed the title if his former club, Chelsea, beats Tottenham next Monday.

Ranieri's team of bargain signings and even castoffs is on course to become the first maiden title-winner since Nottingham Forest in 1978 by completing the greatest transformation of a team in the post-1992 Premier League era.

Although Spurs look set to miss out on a first title since 1961, they are close to qualifying for the Champions League for the first time in six years with their highest finish since 1963.

"We are very young and we need to use this experience for the next few seasons," Tottenham manager Mauricio Pochettino said after Monday's White Hart Lane setback.

THE ASSOCIATED PRESS

West Brom defender Craig Dawson heads in the second-half equalizer on Monday in London. Tottenham's goal came off a Dawson own-goal in the 33rd minute. IKIMAGES/AFP/GETTY IMAGES

> **We needed to kill the game in these moments if you want to win the title.**
>
> Spurs manager Mauricio Pochettino

AROUND EUROPE

IN SPAIN

Striker Iago Aspas scored a goal in each half as Celta Vigo defeated Granada 2-1 on Monday to move closer to fourth place in the Spanish league.

Aspas converted a penalty kick in the 16th minute and added a second in the 76th to give Celta 57 points, four less than fourth-place Villarreal, which drew 0-0 with Real Sociedad on Sunday.

IN ITALY

Juventus clinched its fifth straight Serie A title with three matches to spare after Napoli was beaten 1-0 at Roma on Monday.

Juventus won 2-1 at Fiorentina Sunday. THE ASSOCIATED PRESS

Mario Mandzukic scored the opener on a volley in a 2-1 win over Fiorentina Sunday. THE ASSOCIATED PRESS

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RECIPE Grilled Salmon and Zucchini Skewers

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

We like leaning on quick cook items as a weeknight dinner strategy and these salmon skewers fit the bill and then some thanks to a flavorful marinade featuring ginger, soy and sesame.

Ready in
Prep time: 25 minutes
Cook time: 10 minutes

Ingredients
- 1 tsp grated ginger
- ¼ cup soy sauce
- 2 Tbsp rice wine vinegar
- 1 Tbsp sesame oil
- 3 filets of salmon
- 2 or 3 small zucchinis

Directions

1. Soak wooden skewers in water for at least 20 minutes.

2. Whisk together the ginger, soy, vinegar and sesame oil. Place salmon filets in the marinade for 20 minutes

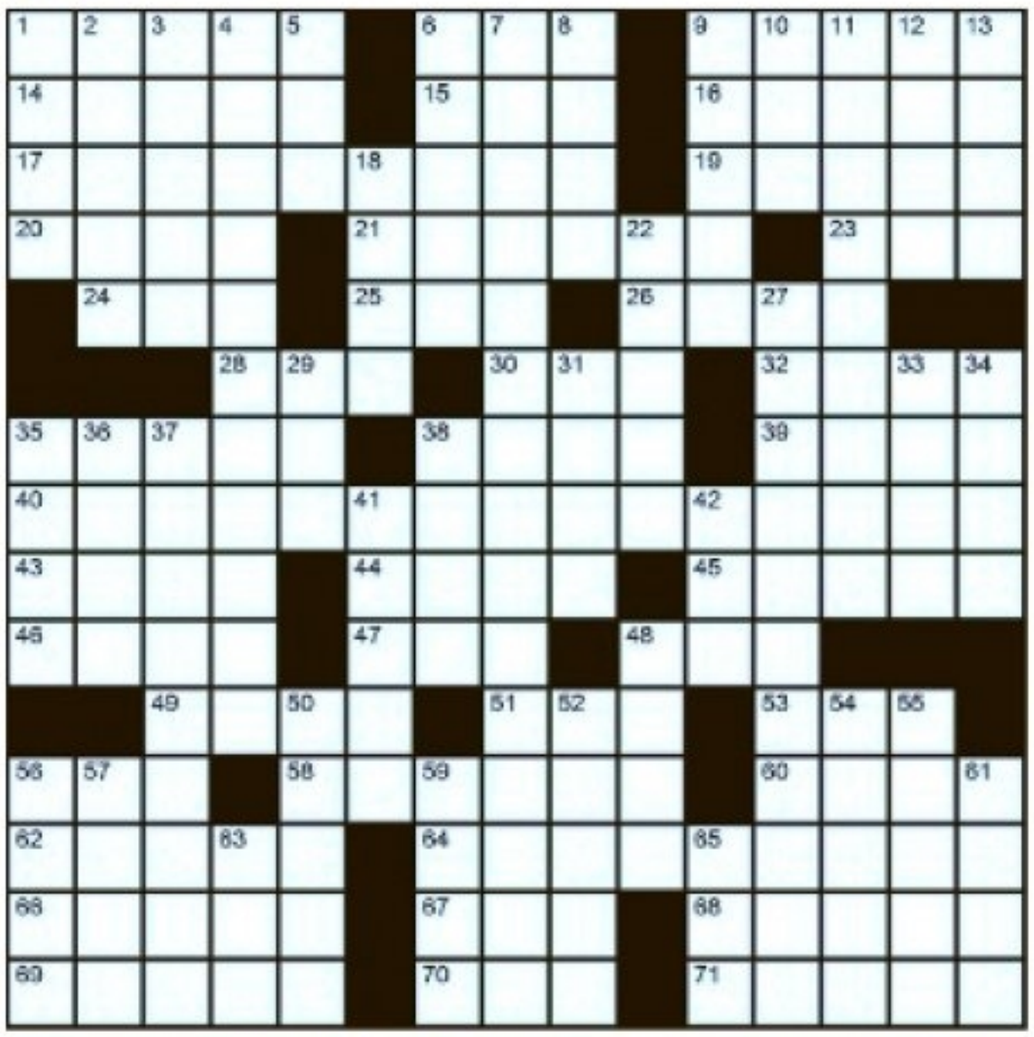
3. Remove the salmon from the marinade and cut the filets into chunks — maybe 1 x 2 inches — and set aside. Slice the zucchini into rings and toss in the marinade quickly. Thread the fish and veggies onto the wooden skewers.

4. Preheat your grill or grill pan to medium high and wipe the grill with oil. Place the skewers over the heat and give each side about three minutes before turning. Serve these skewers over steamed rice or a bed of greens.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Toronto Raptors guard Mr. DeRozan
6. Scene of Toronto Raptors home game action, for short
9. Toronto Raptors point guard, Kyle _
14. Belonging to Stratford, Ontario's river
15. A.A. Milne character
16. Nose-_-_ (Snobbish stance)
17. Guru/guide's gig
19. _ bore
20. "You _ _" by Lady Gaga
21. Fancily-uniformed cavalryman of 15th-century Hungary
23. Scheming
24. "The Hangover Part II" (2011), e.g.
25. Scot's uncle
26. Michelle Pfeiffer's soundbite in the "Batman Returns" (1992) trailer
28. 'Tail'-meaning prefix
30. P, to Socrates
32. Hazes
35. Velocity
38. Russian physiologist Mr. Pavlov
39. Liberate
40. Instrument for Canadian musician Liona Boyd: 2 wds.
43. Miley Cyrus' mother
44. Apportion
45. Professors [abbr.]
46. Prohibit
47. William Tell's canton
48. Scot's 'no'
49. Mil. two-stripers
51. Sight: French
53. Shih _ (Toy dog)
56. Commotion
58. Guardian of Greece's capital, in mythology
60. Feeds on food
62. Daytime shows, e.g.
64. Off-the-cuff
66. Lotto winner's shout, "_ _ for life now!"
67. Prefix to 'centre'
68. Increased
69. Some cheeses
70. SIN's equivalent in the USA
71. Crowned heads, once

DOWN
1. Lady: Spanish
2. Makes flush
3. World: French
4. Place to browse for collectibles and other treasures: 2 wds.
5. '70s record label
6. 'Planet' suffix
7. Politicians on Parliament Hill, e.g.: 2 wds.
8. Sprockets
9. Soya milk carton quantity
10. 'Pepper' suffix (Pizza topping)
11. Evangeline: A Tale of Acadie poet, Henry _ Longfellow (b.1807 - d. 1882)
12. Currency in Oman
13. Annual [abbr.]
18. Prefix with 'stat'
22. Melanie Griffith movie, "A Stranger _ Us" (1992)
27. Some workers, e.g.: 2 wds.
29. "Mr. Holland's Opus" (1995) star ...his initials-sharers
31. Fit
33. Equipment
34. Religious addresses, briefly
35. Station for Edith Prickley
36. Ballet movement
37. The Maritimes: 2 wds.
38. Freezer
41. "_ _ be imagining things!" (This can't be real!)
42. Theatre's Ms. Hagen
48. Close
50. Endures
52. Remove the brooch
54. Rock star kid Dweezil
55. Complete
56. "Dream on!": 2 wds.
57. Stadium roof
59. Rushes the horse
61. Kitchen sink froths
63. Little legume
65. Asleep

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Do whatever you can to break up your daily routine, because you have a strong desire for adventure and freedom today. However, postpone major purchases until tomorrow.

Taurus April 21 - May 21
This is a strong time for you with the Sun and Mercury in your sign; however, today is a loosey-goosey day. Avoid decisions about inheritances and shared property.

Gemini May 22 - June 21
Go with the flow, because the Moon is opposite your sign and it's in a fuzzy position. Avoid purchases other than food and gas. Make no promises.

Cancer June 22 - July 23
Your efficiency at work might suffer today. Expect shortages and delays. Just carry on as usual with routine work, and don't begin anything new.

Leo July 24 - Aug. 23
This is a creative day for you! If you work in the arts, the entertainment world or the hospitality industry, you're in the zone! Enjoy goofing off.

Virgo Aug. 24 - Sept. 23
Although you have a desire to travel now, today in particular, you might want to hunker down at home. It will feel good to be among familiar surroundings.

Libra Sept. 24 - Oct. 23
This is a poor day to make important decisions or to sign documents. It's also a poor day to make promises or commit to anything. Wait until tomorrow.

Scorpio Oct. 24 - Nov. 22
Remember to get more sleep in the next few weeks, because you need this. Be careful with your money today! Don't shop for anything other than food or gas.

Sagittarius Nov. 23 - Dec. 21
It's all about you, because three planets are in your sign. This is why you're pumped with energy. Today, however, you feel indecisive and wishy-washy; therefore, do as little as possible.

Capricorn Dec. 22 - Jan. 20
Tap into your artistic talents today so that you can express your creativity. Enjoy social events, playful times of children and sports. Fun city!

Aquarius Jan. 21 - Feb. 19
This is a great day to schmooze with others, because people are friendly. Spend money on food, gas and social situations, but that's all. Postpone shopping until tomorrow.

Pisces
Feb. 20 - March 20
Personal details about your private life might be made public for some reason. If so, this will be out of your control today. Just be aware of this.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	5	8	3	9	2	7	4	
	6						2	
		4	1	6	5	8		
	3						9	
8					9			3
4				8		6		1
5					8			7
	1						8	
		7	9	1	4	5		

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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

9	3	4	1	7	8	6	5	2
1	2	5	6	9	4	8	7	3
6	8	7	5	2	3	4	9	1
5	9	8	7	6	1	3	2	4
2	7	6	4	3	9	5	1	8
3	4	1	8	5	2	9	6	7
7	5	3	2	4	6	1	8	9
8	6	9	3	1	7	2	4	5
4	1	2	9	8	5	7	3	6

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